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THE SEAHAWKS ARE STILL THE CLASS OF THE LEAGUE. PAGE 27

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KEEPING THE SAFETY ON

Gun gurus. As the debate over gun control continues to rage across the U.S., firearms advocates in three of the Northeast's biggest cities say finding a middle ground is possible. **Pulling the trigger.** There are an array of projects and classes being offered to help teach Americans about guns. PAGES 08-09

Metro continues its five-day look at gun culture in Boston, New York City and Philadelphia. / AARON ADLER, METRO

Voter turnout low in race for Boston mayor

PAGE 02

Obama to UN: Get tough on weapons

PAGE 06

There's One Direction for Williams

PAGE 14

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NEWS

Today's tweet

"Finally realized that pepper spray hurts the eyes? RT @JStower777: Too chicken to talk to the hottest girl i have ever seen on the #MBTA"

@PBealsie is on to you, @JStower777.

Top 3

What's trending online at Metro.us

1 'VIDEO: Bryan Cranston reads erotic fan letter on "Conan"'

2 'VIDEO: Christians say they're "not all like that" about homosexuality'

3 'Mexico's first openly gay mayor does not support same-sex marriage'

Connolly, Walsh to fight to be next mayor of Boston

Mayor's race. The city councilor and the state representative were the top vote-earners.

It's John Connolly versus Marty Walsh.

The city councilor from West Roxbury and the state representative from Dorchester were the top two vote-earners among the crowded field of mayoral candidates in yesterday's preliminary election with 96 percent of the precincts reporting as of press time. Walsh earned 18.5 percent and Connolly earned 17.5 percent.

Just missing out and coming in at third place was former state representative Charlotte Golar Richie, who earned nearly 14 percent of the vote, according to the city's Election Department.

Connolly and Walsh rose to the top among a field of 12 candidates and will now have to campaign against one another as they both seek to be the next mayor of Boston.

The general election will take place Nov. 5.

While the race featured a diverse group of candidates who campaigned for months, turnout appeared light throughout most of the day. At noon, about 10 percent of the city's 368,000 registered voters had cast ballots, according to the Election Department. That number crept up to about 30 percent at the end of the night.

After casting their ballots, many of the candidates greeted voters, thanked campaign workers and made calls to urge supporters to get out and vote.

Connolly, who launched his campaign in February before Mayor Thomas Menino announced he would not seek reelection, told his supporters at his post-election party, "I have never been so glad to be in second place in my life."

MICHAEL NAUGHTON
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Voters fill in ballots in the Boston mayoral preliminary election at Dorchester's Florian Hall. / NICOLAUS CZARNECKI, METRO

Free Ferris wheel offers new perspective

The Ferris wheel is the second largest portable Ferris wheel in the country. / EDUCATION FIRST

In celebration of a new building near North Point Park, Education First in Cambridge has erected a temporary Ferris wheel to give people a free view of Boston from 120 feet in the air.

"We thought, 'Why don't we figure out a way we can share this amazing view from our new building with the community?' said Adam Bickelman, a spokesman for Education First

"People will be able to see not only the view, but also the rebirth of North Point, which has changed so much over the last 15 years."

Education First is one of the largest English language educators in the world. It broke ground on its new North Point building about a year ago.

The two-day event, which runs from 10 a.m. to 9 p.m. today and from 10 a.m. to 4 p.m. tomorrow, will also feature food trucks and music.

Bickelman said the Ferris wheel is the second largest portable Ferris wheel in the country, and is able to hold six people in each car. Nearly 1,000 people have RSVPed to the company's public invitation on Facebook.

"The response has been robust," Bickelman said. "I think people who take us up on our offer of a free ride will really see a new perspective of the city."

MORGAN ROUSSEAU

Death investigation

Driver kills Mass. cyclist in Ohio

A 21-year-old Holliston woman is the latest cyclist from Massachusetts to be killed while biking out of state.

Emily Gagnon, 21, was riding a bicycle in northwest Ohio Monday evening when she was hit from behind by a car and killed, according to the Toledo Blade.

On Saturday, two women from Massachusetts were killed when a 20-year-old driver slammed into a group of cyclists in New Hampshire. The driver was unlicensed, and was ordered to appear in court. METRO

Beach time

Dead shark washes up in Hingham

It was a rare sight in Hingham Monday night when a passerby found a shark washed up on a town beach.

Hingham police were called to Bathing Beach for the report of the washed-up shark just before 7 p.m.

The shark / HINGHAM POLICE

The shark had no signs of trauma, and it was not immediately clear what caused it to wash up on shore, said Sgt. Steven Dearth, adding that the 5- to 6-foot shark would be removed if it hadn't washed away yesterday.

While there have been seals sighted on the beach, Dearth said there hasn't been a shark during his tenure."I've been here 20 years and never had that," he said.

MICHAEL NAUGHTON

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AG Coakley says FDA should butt in on e-cigarettes

Smoke screen. Forty attorneys general sent a letter to the FDA urging for more regulation.

Puffin' on an e-cig / GETTY IMAGES

Saying that electronic cigarettes are "highly addictive" and are marketed to minors, a group of attorneys general called for the Food and Drug Administration to begin regulating the product.

Attorney General Martha Coakley co-sponsored a letter signed by 39 other attorneys general, dated yesterday and sent to the FDA.

In the letter, Coakley and the other prosecutors urged the FDA to regulate popular e-cigarettes as "tobacco products" because they heat liquid nicotine into a vapor that is inhaled by the user. They also expressed concern because of a "lack of regulation" and asserted the battery-operated product is being marketed to children.

"People, especially kids, are being led to believe that e-cigarettes are a safe alternative, but they are highly addictive and can deliver strong doses of nicotine," Coakley said in a statement. "We urge the FDA to act quickly to ensure that these products are regulated to protect the public, and are no longer advertised or sold to youth."

The Tobacco Vapor Electronic Cigarette Association estimated that more than 3.5 million Americans use e-cigarettes and that total sales are expected to hit $1.7 billion by the end of the year.

The FDA has set a deadline for the end of next month to issue proposed regulations regarding e-cigarettes.

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Clowning for a good cause

Students at the Richard J. Murphy School in Dorchester got a special anti-bullying lesson from Ringling Bros. and Barnum & Bailey yesterday. Paulo dos Santos, the ringmaster's sidekick, picked up Michael Crowley, a school representative, as a feat of strength after being dared by students to do so. / NICOLAUS CZARNECKI, METRO

Voice for Peace

Boston Jewish group to protest

Today, members of Jewish Voice for Peace-Boston will protest The Prawer Plan, which aims to displace 40,000 of Israel's indigenous Bedouin population from villages in the Negev desert. The demonstration is set for noon outside the Israeli Consulate at 20 Park Plaza. METRO

Mass. education

Online exam may replace MCAS

State education officials are preparing to field-test an online exam that appears poised to replace the MCAS test. Department of Elementary and Secondary Education officials said yesterday that the new assessment program is set to launch with trial runs at 1,250 schools, and has college and career-readiness in mind. SHNS

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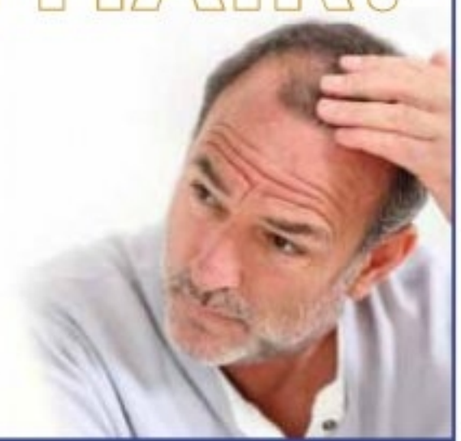

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Beef tallow. Waxy animal fat must be cleaned from Quincy river after spill

A kind of animal fat has streamed into the Fore River in Quincy after spilling from a barge Sunday.

Beef tallow — a fatty, wax-like substance — spilled out of a barge owned by Lafarge, a French cement manufacturer. Weymouth residents reported the incident after noticing a foul smell coming from an oil-like sheen in the river.

"Our (department) has never seen a spill with this type of material before," Ed Coletta, spokesman for the state Department of Environmental Protections, told the Patriot Ledger.

Beef tallow is used to make household items like soap.

Lafarge spokeswoman Joelle Lipski-Rockwood told the paper the company uses beef tallow to prevent the barges from freezing, and that it poses no threat to humans or the environment. Good Harbors, of Norwell, has been hired to clean up the spill, which must be pumped out or scooped up by hand. **MEGAN JOHNSON**

Attleboro crime

Sober house manager busted for child porn

Michael W. Paterson, 51, an Attleboro sober house manager, was arrested Sept. 20 after police found an expansive archive of CDs and DVDs of child pornography in his home.

When asked about the porn, Paterson told police "that's what floats my boat." **METRO**

Extreme wheelchair star to visit kids in treatment

Fotheringham joined riders from all over the world at the Nitro Circus Live tour in Dusseldorf last year. / FLO HAGENA, NITRO CIRCUS LIVE PTY LTD.

Wheelz. Kids recovering from physical trauma will get a little inspiration from a stunt man.

A globally known extreme wheelchair athlete today will visit children undergoing treatment at Spaulding Rehabilitation Hospital.

Aaron "Wheelz" Fotheringham, star of Travis Pastrana's Nitro Circus Live, will stop by the newly opened hospital to share his story with kids who are on their way to recovery.

Since birth, Fotheringham, 21, has lived with the debilitating effects of spina bifida.

Regardless, his wheelchair tricks include backflips and front flips. He is also the only person to successfully jump from the 50-foot Nitro Circus Live ramp.

His visit to Spaulding comes before the first North American tour of Nitro Circus Live kicks off at TD Garden on Jan. 5.

In April, the hospital moved to a new 300,000-square-foot building in the Charlestown Navy Yard. The facility treated 32 Boston Marathon survivors, including injured transit police officer Richard Donohue.

Airborne on wheels

Fotheringham is a wheelchair motocross athlete from Las Vegas.

- He was born with a birth defect of the spinal cord that left him without the use of his legs.

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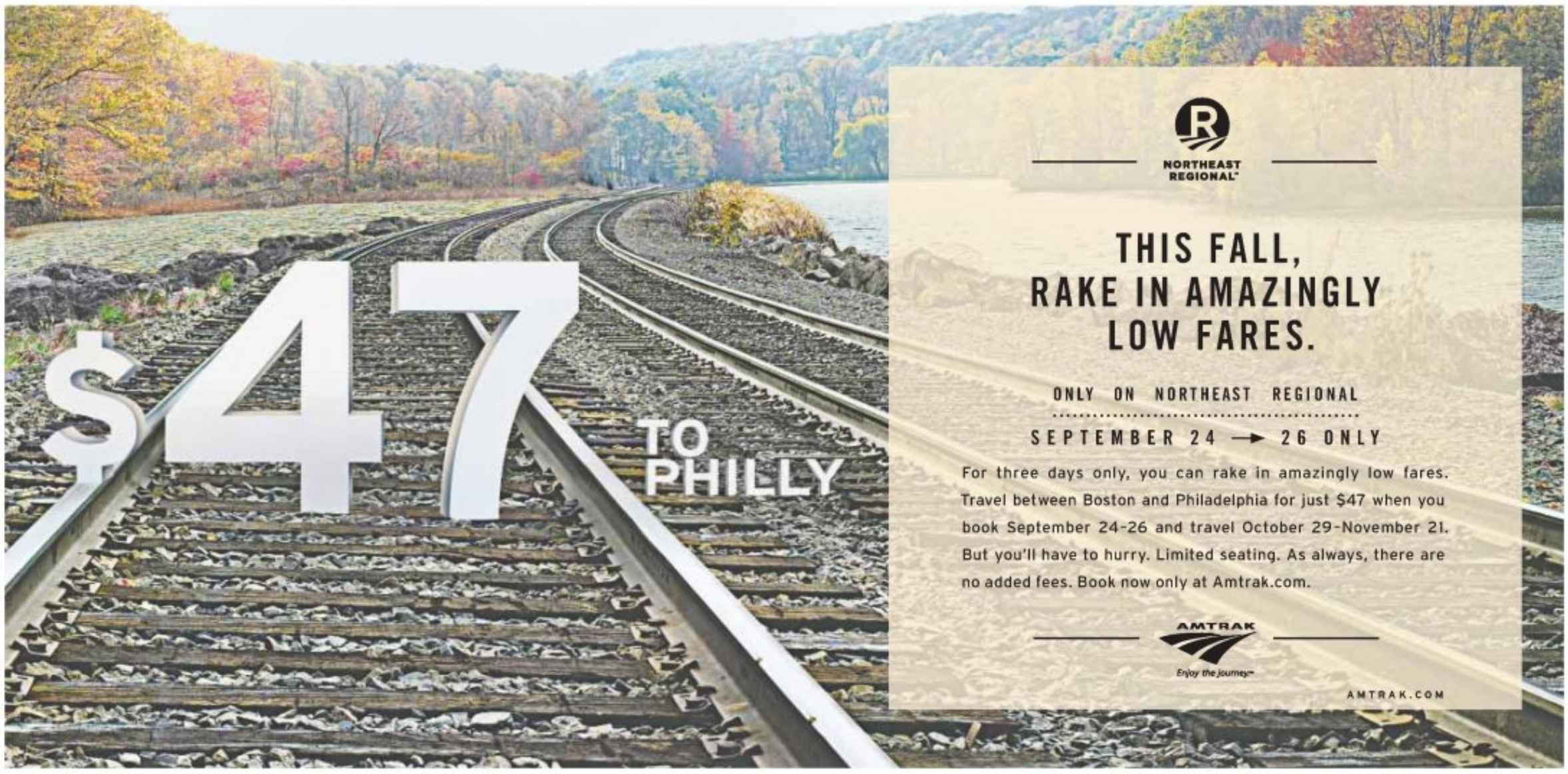

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Obama urges UN to back tough actions for chemical weapons

Help. The U.S. will provide $339 million more in humanitarian aid to the Syrian refugee crisis.

President Barack Obama speaks at the U.N. General Assembly yesterday in New York City. / GETTY IMAGES

President Barack Obama urged the United Nations yesterday to back tough consequences for Syria if it refuses to give up chemical weapons and urged Russia and Iran to drop their backing of Syrian President Bashar al-Assad.

Speaking to the U.N. General Assembly, an annual gathering of world leaders, Obama laid out U.S. priorities for the volatile Middle East and North Africa. He stressed that the United States wants diplomatic outcomes to festering disputes, but does not rule out the use of military force or direct action against extremist threats.

Obama stepped back from launching unilateral military action against Syria early this month, setting in motion a diplomatic effort that led to Russian assistance in persuading Syria to agree to give up its chemical weapons after a poison gas attack on Aug. 21 that U.S. officials say killed 1,429 people.

With Syria's promise not yet fulfilled, Obama's challenge at the United Nations was to persuade world leaders to join in applying pressure on Syria with a U.N. Security Council resolution that includes tough consequences should Assad not surrender his chemical weapons stockpiles in a verifiable way. **REUTERS**

Nuke deal

Obama pledges diplomacy with Iran

President Barack Obama said yesterday the United States was ready to engage diplomatically with longtime foe Iran but put the onus on the new Iranian president to prove he is serious about pursuing a nuclear deal.

Striking a cautiously optimistic tone in a speech to the United Nations General Assembly, Obama said he was determined to test President Hassan Rouhani's recent overtures and challenged him to take concrete steps toward resolving Iran's long-running nuclear dispute with the West.

Diplomats

Kerry to sign Arms Trade Treaty

Secretary of State John Kerry, in a move that puts the Obama administration at odds with the powerful American gun lobby, will sign the U.N. Arms Trade Treaty regulating the $70 billion international conventional arms business, diplomats said yesterday.

Amnesty International Secretary General Salil Shetty called Kerry's decision "a milestone toward ending the flow of conventional arms that fuel atrocities and abuse."

Today's winner

To enter your submission for the Metro Photo Challenge to win a trip to Ghana, go to **www.metrophotochallenge.com.**

metro PHOTO CHALLENGE

'Street performers in NYC'

Majed Alfaraj, New York City

Category: Sight

Hunt's PHOTO & VIDEO

Satisfries, a new lower-calorie and lower-fat french fry from the fast food restaurant chain Burger King, debuted in Washington. D.C., yesterday. / GETTY IMAGES

Burger King offering lower-fat french fries

Low-cal. The chain is introducing a version of french fries that are lower in calories and fat.

Burger King Worldwide Inc., known for its Whopper hamburgers, is introducing lower-fat french fries, as consumer groups in the United States increase pressure on the food industry to offer healthier alternatives.

The hamburger chain said the fries contain 40 percent less fat and 30 percent fewer calories than those sold by McDonald's.

More than one-third of Americans are obese, and about 10 percent of the nation's healthcare bill is tied to obesity-related diseases, such as type 2 diabetes, heart disease and hypertension, according to the Organization for Economic Co-operation and Development.

As a result, health and parents' groups are lobbying to try to bring about change in the U.S. food and beverage industries.

Last week, first lady Michelle Obama asked television and food company executives at a White House gathering to sell youngsters on healthy food with the pitch: "If anyone can make our kids eat their vegetables, it's all of you."

In 2011, the Federal Trade Commission failed to get food and beverage makers to agree to voluntary guidelines on marketing to children. Since then, there have been various initiatives by individual companies or business coalitions to reduce calories in their products or set a code of conduct on marketing. **REUTERS**

Progress made

NCAA restoring some football scholarships at Penn State

The organization that regulates U.S. college sports, the NCAA, said yesterday it would allow Penn State to gradually restore scholarships for football because the university had made progress in regaining "integrity" following a sex abuse scandal.

"This news is certainly welcome to our university community, particularly the student athletes who may want to attend Penn State and will now have the means to do so," Penn State President Rodney Erickson said in a statement yesterday. **REUTERS**

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NY group seeks middle ground in gun debate

Murky center. Appleseed tries to straddle the divide between a country that is split on guns.

"Shoot Boss" Nick Cirillo instructs New York Project Appleseed members on marksmanship and proper gun safety. / AARON ADLER, METRO

In a basement classroom of the Westside Rifle and Pistol Range, near the Flatiron Building in New York City, students are being given a lesson in early American history. It has a lot to do with guns.

There are 14 students in the classroom — seven women and seven men. The students have paid less than the price of an average New York dinner to spend three hours together, to learn how to shoot a small-caliber rifle and take a rose-tinted walk through the history of the founding of the United States.

This is Project Appleseed, created by the Revolutionary War Veterans Association, dedicated to spreading the art of rifle marksmanship and its place in American history. A mission the group describes on its website is a bulwark against "American ignorance and apathy." It speaks volumes about Appleseed that the group doesn't descend into some thin-veiled, Tea Party propaganda machine.

For an hour, instructor Dan Boyle, K-Dan for short, walks the group through a fractured history of the American Revolutionary War. The group discusses the minutemen, and Paul Revere, as well as the Boston Massacre. ("How do we know a British soldier fired the first shot? Because he missed!") The group talks about self-reliance and the evolution of guns and rifles over 200 years, and Dan explains the parts of a model .22 rifle he holds in his hands.

One student, the wife of another attendee, explains that while she is terrified of guns, her husband wants to buy one and she wants to learn more before they make the purchase. She is exactly, Boyle points out, the kind of person that Appleseed is trying to reach.

What Appleseed members say they're about, beyond a history lesson and target practice, is "personal responsibility."

For Boyle, the choice of that responsibility lies with gun owners. It's how, rifle in hand, he can point to a box of zombie target posters in the basement and reduce the targets to nothing without betraying the ideals that brought him here to teach in the first place. The posters, he explained, are often used as stand-ins for "liberals" in a segment of extreme Second Amendment supporters.

"I find the whole 'zombie' thing in poor taste," Boyle said. "It impersonalizes the other side. It's absolutely threatening to people who don't agree with you, when these pro-Second Amendment guys who stand around talking about how 'liberalism is a disease,' and then in the next breath talk about zombies. It's not difficult to make the connection. I mean, what are we talking about? We're talking about killing our neighbors. I find it embarrassing."

Project Appleseed represents the closest thing to a middle ground in the gun debate that there is in the country right now. It's a place where the debate can be stripped of its caustic rhetoric and returned to rational conversation as novices learn about gun ownership.

"Liberty taken to the extreme is not a good thing," Boyle said to the class, laying out what might be Project Appleseed's most important lesson of all. "We are not 'armed,' the Second amendment not withstanding, against our government with weapons. What we are armed with is information and the vote," he says, adding before he dismisses class, "If you ignore your rights, they'll go away."

KIT DILLON
letters@metro.us

Powerful weapon

"The first step is to be honest about what a gun is. When people say, 'It's just a tool,' that's a bit disingenuous, in my opinion." Boyle

Guns in our cities

Following the trail of our bloody streets

Boston, Philadelphia, New York City: Three different cities with a common problem. Gun violence has destroyed the lives of countless individuals on our streets and wrought devastation across our neighborhoods, searing itself into their fabric.

Today Metro continues our weeklong look at the impact gun violence has had on those cities in the aftermath of the massacre at the Washington, D.C., Navy Yard. THE EDITORS

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In Philadelphia

A Girl & A Gun 'empowers' women shooters

Montgomery County's A Girl & A Gun women's shooting league tries to keep politics out of its activities.

But league director Adrienne Nicotera said the bigger picture is certainly on her mind.

"You have bad apples who spoil the bunch," the Abington pediatric nurse said.

A Girl & A Gun, a nationwide organization with roots in Texas, gives women a controlled environment to shoot in what Nicotera calls a "male-driven sport."

Prior to her involvement with the group, Nicotera didn't even want to touch a gun — let alone have one in the house like her Army husband wanted. He convinced her to take a basic pistol course. Now, she owns her own guns and is an NRA-certified pistol instructor.

"It's just very empowering," Nicotera said. "I could have the worst day ever and go shooting and come out with a smile on my face."

She's admitted a few of the women in her suburban Philadelphia league weren't too pleased with Starbucks CEO Howard Schultz's recent request that customers no longer bring guns into his stores. But Nicotera said that's his right.

"I can understand that with everything that's been going on lately," she said. "It makes people uncomfortable, and that's all right."

Nicotera said better background checks should be in place, but she doesn't want it too difficult to get a gun.

"The harder they make it for an honest person to get a gun," she explains, "it's just going to make it even harder for us to defend ourselves. No matter what, there are always going to be illegal gun sales, and it just makes it difficult for anybody who is responsible and uses guns in a controlled environment. The bad guys will always find a way to get a gun. I don't know how they can stop it."

For the time being, Nicotera is just trying to hone her own controlled-environment shooting skills to maybe even start competing.

"I feel accomplished. I feel like I can do this," she said. "If you would have told me a year ago that I would be where I am today, I would say, 'No way.'"

CHRISTINA PACIOLLA

Adrienne Nicotera of A Girl & A Gun takes firing practice. / COURTESY OF ADRIENNE NICOTERA

A pro-gun group rallies in Boston earlier this year. / JIM IRVINE

Boston gun instructor calls for training

Matthew DeVito, president and lead instructor at Down Range Firearms Training in Woburn, Mass., finds it hard to get behind the commonwealth's recently proposed firearm restrictions, as he doesn't believe they will reduce gun violence but rather needlessly limit people's right to legally bare arms.

"All [the laws] are doing is making it harder for legal, law-abiding citizens to purchase firearms — but nothing is done to cut down on crime and crack down on criminals that use them illegally," said DeVito, who travels the nation training law-enforcement officers and civilians on proper firearms use.

One of the biggest problems with the proposed restrictions, he believes, is that they are based on fear and misinformation propagated by non-gun owners.

Big changes

26

The number of changes proposed to Massachusetts state gun law as part of "An Act to Combat Gun Violence," introduced by Dan Conley, Suffolk County District Attorney.

"It's unfortunate because it's an irrational fear that causes more restrictive gun laws. Most people are not doing any homework, but rather are doing things to appease people, and that's the real issue when you boil it down and look at facts and numbers," he said.

Rather than implementing new gun restrictions, DeVito believes a shift in attitude and an emphasis on firearm safety and education in Massachusetts is key to lowering instances of gun violence.

Massachusetts organizations like Gun Owners Action League (GOAL) and Commonwealth Second Amendment (Comm2A) are working to turn things around, he said.

"We need to spread awareness in the community and practice gun safety. More youth and 'women on target' programs that encourage females, without the ego of males, on the shooting range are important," DeVito said. "Through education, we let people know that it's a gun, not a toy, and that people need to use them properly and safely in all aspects of life."

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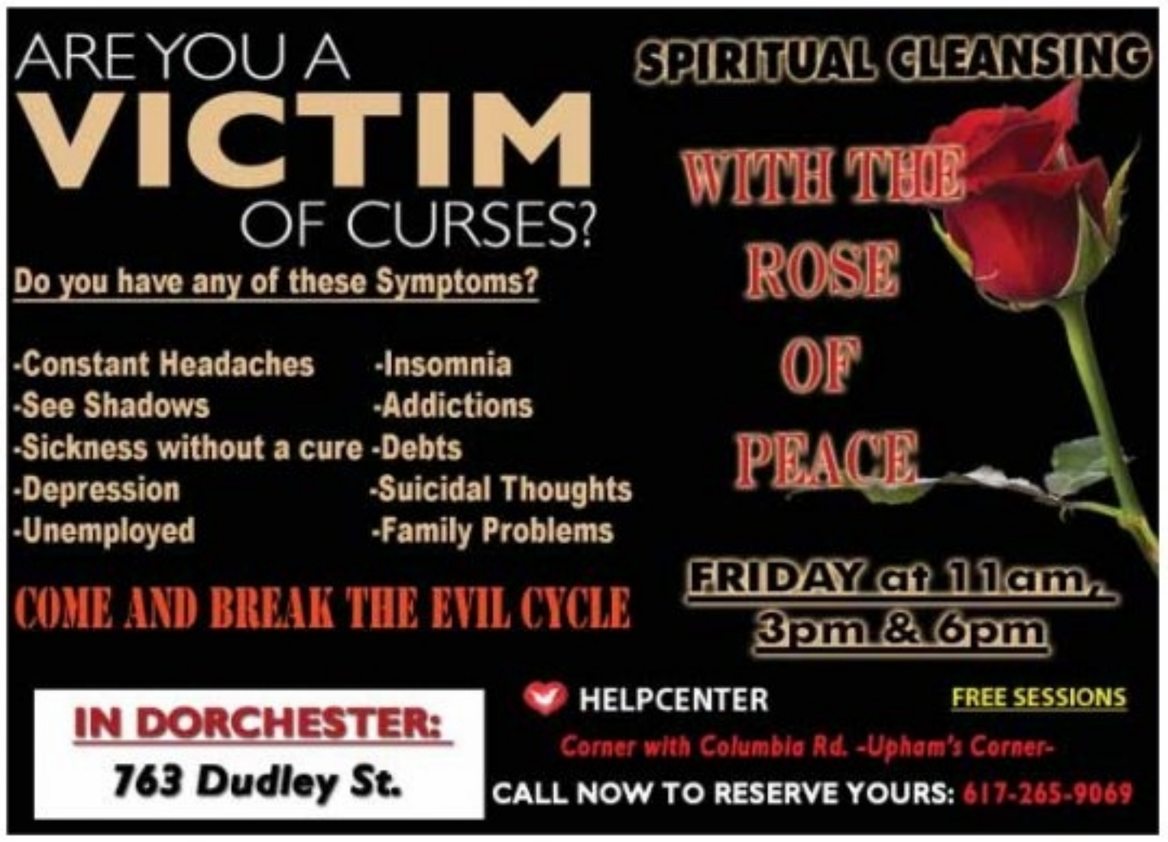

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Managing Diabetes Together: The Power of Support Groups

Adults who have been recently diagnosed or live with diabetes know that it is difficult to make or maintain lifestyle changes. Determining the best way to manage your diabetes can be stressful and confusing. These days, many are turning to support groups, comprised of people with similar diagnoses, for advice, stress relief, and to help each other stay healthy.

Heidy Viarruel leads a diabetes support group in Boston through United South End Settlements. She talked with Neighborhood Health Plan about how a group setting plays an important role in helping people to manage their diabetes.

Why are group settings helpful for people living with diabetes?

In our diabetes support group, we encourage participants to be open, share their experiences, and ask questions. When you talk with someone who is dealing with a similar issue — or has dealt with a similar issue in the past — you can learn from them, and perhaps incorporate some of their diabetes management lessons into your life.

What are some of the activities you do during the support group?

Each support group session is different, and we do activities that are fun, but also educational. To begin the group, we often have speakers from the American Diabetes Association or other health organizations who give interactive demonstrations on important topics, like eye and foot care, nutrition or different types of blood tests for diabetes.

During the support group, participants will ask questions — sometimes to the speakers, and other times to the whole group. Many of our regular participants have been living with diabetes for so long that they serve as a resource for newer attendees who also have valuable experiences to share. We talk about everything from eating healthy, to types of testing strips and medications. Often we'll have low-impact exercise classes, or a healthy cooking demonstration. This summer we had a healthy dish cookout!

We partner with Fair Foods, which provides large bags of mixed fresh produce to group members during each session for a suggested donation of two dollars. Recently, we also started working with Fair Shoes, a new program by Fair Foods, that connects eligible diabetic community members with free shoes that are new looking, safe, and clean.

Why is being active, eating healthy and taking medication such an important part of managing diabetes?

Regular physical activity and watching what you eat will help keep your blood sugar levels down. Sticking to the medication plan that your health care provider recommends, and taking your medications as directed can prevent major diabetes-related health issues.

How do you think the support group helps participants better manage their diabetes?

Our participants take what they've learned during each session and apply it to their day-to-day lives. Many of our regular participants made lifestyle changes, and now have their diabetes in check.

Most importantly, our group helps participants feel comfortable with their diagnoses. Understanding that they are not alone, and having the tools to manage their diabetes, helps participants take an active role in their health.

The United South End Settlements diabetes support group meets the last Thursday of every month. For more information, contact Senior Services at United South End settlements at 617-536-8610 or ***http://uses.org.***

Fair Foods (and its Fair Shoes program) is located at 540 Columbia Road in Dorchester. For more information, contact 617-288-6185 or ***www.fairfoods.org.***

The Boston office of the American Diabetes Association can be reached at 617-482-4580 or ***www.diabetes.org.***

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DANA-FARBER Boston Children's

CANCER AND BLOOD DISORDERS CENTER

Five things parents of children with cancer should know

Thanks to advances in research and treatment, the five-year survival rate is 84 percent for all childhood cancers combined, for children diagnosed under age 20, up from 61 percent in the mid-1970s.

1. Although many signs and symptoms of cancer – fever, bruising, headaches – are normal in healthy children, pediatricians are extremely skilled at distinguishing the usual bumps and pains from concerning ones. By evaluating the character, duration and severity of symptoms – as well drawing on their own instincts – they know which symptoms require additional evaluation and promptly order the appropriate tests.
2. The need for specialized pediatric oncologists, pathologists, radiologists and surgeons cannot be overstated, nor can the importance of seeking treatment at a center specializing in pediatrics. Not only do clinicians trained in pediatrics understand the needs of a child's developing body, but cancer also presents differently in children and adults.
3. Physicians act quickly when a child is diagnosed with cancer. Using leukemia as an example, oncologists often receive a late afternoon call about a child seen in the office earlier in the day whose blood counts result suggest leukemia. Typically, the oncologist sees the child in the emergency room the same day. Depending on the child's condition, s/he will either be seen in an outpatient facility or admitted to a hospital and undergo several days of preliminary tests, which may include scans, biopsies and blood work. A team of pediatric specialists, including an oncologist, surgeon, radiation oncologist, pathologist and radiologist, will make a final diagnosis and design a treatment plan.
4. Primary care providers play a critical role before, during and after treatment for cancer. During treatment, they often assist with outpatient care by monitoring blood counts and nutrition levels or providing nursing support. Pediatricians are also an integral part of a child's return to normal life, starting with the two-year transition period after treatment during which the focus is on the risk of recurrence and side effects of therapy. Communication between the oncologist and the pediatrician is essential, especially concerning well-child care, growth and immunizations. Eventually, the focus shifts from risk of recurrence to risk of late effects of chemotherapy and radiation, including endocrine abnormalities, learning issues, secondary cancers or cardiac dysfunction.
5. Seek information from the websites of reliable cancer institutions, such as the National Cancer Institute (NCI) and the American Society of Clinical Oncology. The nearest medical facility that offers cancer treatment will not only have books and videos but will also have resource specialists to meet with parents and children.

More information cancer visit www.danafarberbostonchildrens.org.

The Dana-Farber/Boston Children's Cancer and Blood Disorders Center brings together two internationally known research and teaching institutions that have provided comprehensive care for pediatric oncology and hematology patients since 1947. The Harvard Medical School affiliates share a clinical staff that delivers inpatient care at Boston Children's Hospital and outpatient care at the Dana-Farber Cancer Institute's Jimmy Fund Clinic. Dana-Farber/Boston Children's brings the results of its pioneering research and clinical trials to patients' bedsides through five clinical centers: the Blood Disorders Center, the Brain Tumor Center, the Hematologic Malignancies Center, the Solid Tumors Center, and the Stem Cell Transplant Center.

Dana-Farber's *Mammography Van*

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Tuesday 15	Whittier Street Health Center
Wednesday 16	Manet Community Health Center - Hull
Thursday 17	The Dimock Center
Wednesday 23	Joseph Smith Community Health Center – Waltham
Thursday 24	Embrace a Family – Natick Community Senior Center
Tuesday 29	Bowdoin Street Health Center
Thursday 31	Neponset Health Center

November 2013	Site
Wednesday 6	Joseph Smith Community Health Center – Allston
Wednesday 13	Geiger Gibson Community Health Center
Tuesday 19	Whittier Street Health Center
Wednesday 20	Joseph Smith Community Health Center – Waltham
Thursday 21	South End Community Health Center
Tuesday 26	Bowdoin Street Health Center

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Show Your Heart Some Love

The American Heart Association lists heart disease as a leading cause of death among men and the number one killer of women. The Center for Disease Control and Prevention reports that one in every three U.S. deaths is from heart disease and stroke. That's over 2,000 deaths per day.

Fortunately, heart disease is often preventable. BMC HealthNet Plan, one of the state's leading health plans, offers these three suggestions for lowering your risk:

1) Don't smoke. Smoking puts an extra strain on your heart, and greatly increases your risk of developing heart disease. As many as 20% of deaths due to heart disease are directly related to smoking. And women who smoke while taking birth control medications face an even greater risk of heart attack – a risk that increases with age. If you do smoke, tell your primary care physician you want to quit, and check out Quitworks™ (www.Makesmokinghistory.org) for support and helpful information.

2) Get active. Exercise doesn't have to mean joining a gym, buying expensive equipment, or even picking up a new pair of sneakers. Whether you're training for a marathon or just taking a walk down your driveway, you can improve your health right now by doing just a little more today than you did yesterday. And then? Do a little more again tomorrow. Any regular activity that raises your heart rate will also improve your heart health, so get moving!

3) Eat right. Too much fat, sugar and salt in your diet makes your heart have to work harder, which increases your risk for heart disease, so set a goal to eat less of these. But good nutrition isn't just about cutting out what's bad for you; it's also about adding in what's good. Eat a wide variety of fresh foods as close to their natural state as you can get them – an orange is better than a glass of orange juice, and a baked potato is better than an order of French fries. Colorful fresh fruits and vegetables, dark leafy greens and whole grains add flavor and fiber to a heart-healthy diet. Learn how to "Rate your Plate" at the BMC HealthNet Plan Wellness Center in the Healthy Living section of ChooseBMCHP.org.

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Mindy Kaling is learning and Liam Payne is worried for his fans' safety.

@mindykaling: I just learned the difference between poisonous and venomous. Worth checking out. This isn't a joke just because it sounds boring.

@Real_Liam_Payne: Girls behind the hotel please get out the fields there's a huge sign saying snake habitat it's just not worth it someone's gunna get hurt

Pharrell Williams isn't afraid to go mainstream

Don't give Pharrell Williams any grief for collaborating with mainstream hit-makers.

"People have told me. 'Why are you working with 'Nsync?' Look at who Justin Timberlake is now. They told me, 'Don't work with Britney Spears.' She had a record being played on black radio. So I don't care about what people think. I care about what I can do, and what I can actually produce," Pharrell told Metro at the new nightlife planner app YPlan's release party last week at Lower East Side hot spot FINALE.

He'll even take on One Direction. When we asked him about the rumors that are swirling around their possible collaboration, he seems to echo the same feelings for the group as their tween fan base. "I have met them and I think they are incredibly talented. Would I work with them? Absolutely," he said. "If that happens, it would be super awesome — but if it doesn't, I really respect them and Simon [Cowell] knows what he's doing, man. And I tell you what. Harry Styles is super talented and so is Liam."

Metro/Maja Lundager

PHARRELL WILLIAMS ISN'T TOO COOL TO WORK WITH ONE DIRECTION.
GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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KANYE WEST
GETTY IMAGES

Kanye is bigger than Michael Jackson?

Kanye West is kind of a big deal, at least according to Kanye West, who refers to himself as "the No. 1 rock star on the planet" in an interview with BBC Radio 1. "I've got to a point that Michael Jackson did not break down. I have reached the glass ceiling, as a creative person, as a celebrity. … And I've been at it for 10 years," he says. "I look around and I say, 'Wait a minute. There's no one around here that looks like me. And if they are, they're quiet as f—.'"

Nick Carter opens up about Paris Hilton, new reality TV show plans

Nick Carter wasn't shy about naming names in his new memoir, "Facing the Music and Living to Talk About It." In the book, excerpted in In Touch last week, the Backstreet Boy writes that his ex-girlfriend Paris Hilton "was the worst person in the world for me to hook up with." And as Carter tells us, there's a reason he wanted to get everything out in the open. "Everyone knew about what was going on," the singer told us at an NYC Barnes and Noble on Monday. "We just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery."

NICK CARTER
GETTY IMAGES

But that's not to say he's pointing the finger at Hilton for his former substance abuse issues.

"I wasn't blaming anyone, even her, for the way I was. Ultimately I had to assume the responsibility."

Things are now on the up for Carter. He's engaged to fitness pro Lauren Kitt, and the two are working on a reality show about their journey to the altar. "VH1 is really interested," he told us.

Metro/Meredith Engel

Talking points

Cyrus can 'dance a lot better'

Miley Cyrus has some good news for folks who weren't fans of her MTV Video Music Awards performance earlier this month: You won't see that again. "Now people expect me to come out and twerk with my tongue out all the time. I'll probably never do that s— again," she tells Rolling Stone. And as for criticism over the actual performance? "I wasn't trying to be sexy," she says. "If I was trying to be sexy, I could have been sexy."

What Alba wishes about her body

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two. "I was a lot more critical of my body when it was probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy!"

Harris goes on a hosting hiatus

Frequent awards show host Neil Patrick Harris may be looking to make that a little less frequent after this weekend's Emmys. "Emceeing the Emmys was fun, but I'm sure glad it's over," he posted to Twitter. "Looking forward to not hosting anything for a long time."

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Nostalgia. "Old School Game Show" fulfills crazy retro dreams.

Not everyone gets to live a dream, but at "Old School Game Show" it appears there'll be dream-realization to spare.

When host/creator Mike D'Angelo had a chance to fulfill his own dream of joining the studio audience on "The Price is Right" recently, he learned a valuable lesson about what makes a great show.

"It's all about the euphoria of people going crazy," says D'Angelo on the eve of "Old School Game Show"'s upcoming performance (with the SambaViva dancers) at Somerville's Davis Square Theater this Sunday. He always knew it was important for the host to be exciting, but he didn't realize how important is was that the audience to be excited too. That is, until he had his "Price is Right" pre-show interview.

"They asked me [who I was] and I said 'Hey, my name is Mike, and I'm a graphic designer!' Then they asked the woman next to me, and she said, 'My name is Bernice!!! And I'm here to win lots of money!!!' And then she started dancing. That's when I realized, 'OK, she's going to be on the show.'"

Soon after, the Newton-native and veteran of Boston's rock scene decided to slip into his own white patent leather shoes and put together the first production of the "R-rated," trivia-based live game show night this past May.

With buzzers, retro props, an announcer, hostesses, a band of local all-star musicians (including Kingsley Flood's Chris Barrett and Parks' Matt Girard) and Herb Alpert's "Dan the Banjo Man," the first show was an instant success.

According to D'Angelo, seeing the joy in audience members' faces makes it all worth it. You can tell them ahead of time if you want to be put in the contestant fish bowl — onstage, participants are divided into two teams and led through rounds, with new players added every round, to compete for prizes.

It might sound like a goof, but in the end, D'Angelo stands behind the science of selecting a winner. "You should see my board at home," D'Angelo says of his kitchen diagram. "I have red string connecting everything, but it checks out!"

Some of D'Angelo's games will be familiar to denizens of forward-thinking trivia nights and game shows (such as MTV's "Remote Control"), but the best games are those invented by D'Angelo himself.

Can this woman decipher what this Robot Thespian is saying? / PROVIDED

If you go

'Old School Game Show'

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www.davissquaretheatre.com

"Shut the Front Door," for one, takes famous movie obscenities and re-states them as PG-rated golly-isms. "Chipmunk Speedmetal" takes songs and speeds them up until they're almost unrecognizable. The best, however, might be "Robot Thespian," wherein a recurring character (Bruce Connors, Robot Thespian) delivers famous movie monologues in a robot voice.

"I've always been a fan of making games to play in the car or at home," says D'Angelo. "'Robot Thespian,' for example, was a party game that he spontaneously created for his girlfriend's birthday party. "We didn't have a character yet, but we had the text-voice on the computer!"

JONATHAN DONALDSON
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Olivia Wilde just wanted to be directed by Opie

Interview. The star had few on-screen minutes to bring romance to life, but she did a lot with them.

Olivia Wilde plays Formula 1 racer James Hunt's wife in "Rush." GETTY IMAGES

Olivia Wilde was more than happy to show up for "Rush" — even if her part took only nine days to film — just to get a chance to be directed by filmmaker (and former "Andy Griffith Show" star) Ron Howard. Wilde plays Suzy Miller, a high-society fashion model briefly married to Formula 1 driver James Hunt (Chris Hemsworth).

You don't get a lot of screen time to get this character across.
Yeah, she's there to serve a purpose — I think to show a bit of James Hunt's personal life, which was tumultuous. I loved the way that he charmed Suzy. She wasn't just impressed by his fame or looks. It was the way he approached her with such fearless romanticism. She's a really interesting woman. She remembers James very fondly, which was a big clue for me. I wanted to do justice to the love story that I believe existed between them.

You're playing a famous woman who has to deal with the paparazzi, something you do quite well in your own life.
I try. Maintaining an outsider's perspective of it is important — understanding how odd it is and not letting it feel like a personal attack on you but understanding it as its own bizarre industry. But the darker side of that, the kind of stalking, is just strange. I think you have to maintain a sense of humor about it or you'll go crazy.

On set

Dreams of directing

"I made a short years ago. It was my first foray into it, and it kind of gave me confidence to do it again in a bigger way," Wilde says of stepping behind the camera. "It let me know that I've never been happier than when I was on set directing. It just finally felt like I put on shoes that fit. I was determined to do it again."

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Put it away

Your bed can work double duty as a storage unit. / GOTHIC CABINET CRAFT

Find a place for everything in Gothic's Flat Iron modular closet. / GOTHIC CABINET CRAFT

Living. Finally get clutter-free with these simple storage tips.

This fall, take a tip from the squirrels and start storing everything away. All right, not everything — but put away that kitchen clutter, stash your skimpy summer clothes and finally organize your desk. You'll be surprised how much better your place looks when junk, supplies and non-necessities are put into their proper places.

Double down

"Storage furniture is usually double-duty furniture," explains Aristidis Zaharopoulos, owner of furniture maker Gothic Cabinet Craft, which has 30 New York locations. "For example, a storage chest can also serve as a coffee table." Storage beds, with drawers tucked underneath the frame, are also great options. Zaharopoulos and company have been building storage beds since 1969, and it's the most popular item they sell.

Reach for the sky

No one said that shelves have to be eye-level. Well, maybe someone did. But they were wrong. Let the ceiling be the limit when it comes to installing your shelving. You can buy them big or customize your own, but either way you'll be pleased that you didn't stop at a lousy 5-foot-tall bookshelf. With a skyscraper of shelving you can store books, organize office and art supplies, or just show off your treasures and trinkets.

"Obviously, efficient use of space in a city apartment is critical for good living," says Andrew Black of Black & Sons Furniture Makers in Wisconsin (he's the son half of the name). And there's another plus, Black adds: "Smaller, more efficient homes can have more lasting value — and because it costs you less to live in them, you can afford to fill them with more beautiful things."

Bathrooms need storage love, too

Creative storage can happen anywhere. Don't neglect the bathroom, which may have room for a storage bench or sink-side end table. And your linen closet could probably use a few simple canvas boxes or hanging shoe organizers to keep everything in place and make a little more room for toiletries or cleaning supplies. Finally, get under your bed and organize it with the help of sweater boxes and Tupperware.

JULIA WEST
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Northeast Center For Youth and Families, Inc.

The Northeast Center for Youth and Families, Inc. is a locally based, non-profit organization serving children and adolescents in need. NCYF is currently recruiting Foster Parents in Suffolk County due to a strong demand for foster homes for youth ages 11-18.

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Residential rise at the Pru continues

Topping off.
The Avalon Exeter apartment tower's exterior completion is finished.

Michael Roberts signs the final beam at the top of Avalon Exeter. / ALLAN DINES

This month, residential developers AvalonBay held a "topping off" ceremony to mark the completion of their fourth Prudential Center apartment tower, the Avalon Exeter. Though the interior build-out isn't expected to be finished until mid-2014, the topping off was significant in that it not only marked the Avalon Exeter's exterior completion, but also the rise of the Prudential Center's final residential tower.

This development in the heart of the Back Bay started in the 1960s, when the Avalon Exeter's sister properties — the Fairfield, Boylston and Gloucester — were built as part of the iconic Prudential Building's redevelopment of what, at the time, was little more than railroad sidings. Unwittingly, the Prudential Center's development marked the end of an era.

"Before then, the railroad had been an important mode of transport, but by the middle of the last century it was all about the automobile," says Michael Roberts, vice president of development at AvalonBay Communities Inc. "The Prudential was developed to house cars underneath. It was a case study in urban development. Now, the Back Bay is a live/work/play area. You don't need to walk far to be where you need to be — or want to be. There's great public transport and the commuter rail. You can even take the train right from there to New York City."

Another difference from mid-20th century development is green building practices. The 28-story Avalon Exeter will have, "some kind of LEED certification," says Roberts. Renovations of its sibling properties brought them up to current standards in terms of energy efficiency, and they have an element that new apartments won't have.

"In the older buildings, apartment size is larger than what is typically built today," he adds. "The Exeter will have more amenities. There's a club room and fitness center. We offer a choice in this development of the brand new and the '60s vintage."

LINDA CLARKE
letters@metro.us

Specs

Interested?

When the Prudential Exeter opens next year, it will add 187 new apartments to the Back Bay, ranging from studios to three-bedroom penthouses. Interior living space varies from around 500 square feet to 2,000 square feet and rents range from around $2,000 to $10,000.

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Is an Inheritance a Gift or an Entitlement?

By Attorney George Warshaw

The answer depends not only on your personal philosophy but whether you are the one inheriting or giving.

More people these days are considering whether it is better to leave all or a sizeable portion of one's money and property to a charity rather than one's children.

A frequently asked question is whether an inheritance will help one's children in some important way or provide an incentive to do little or nothing with their lives, personal growth, or career development.

Frankly, too many children of wealthy or financially well-off families seem to do far less with their lives while waiting for an inheritance and become hostile later on when they don't believe they received enough.

In my view, the number one purpose of earning money and acquiring assets over a lifetime is to take care of oneself first and foremost. What you leave to your children afterwards is something you earned. That point should be emphasized to one's children.

Many believe today that the best estate plans remove the cost burden of education and medical expenses for one's children or grandchildren, provide support where needed and incentives to do more with their lives.

More next week. © 2013 George Warshaw.

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, litigates real estate matters, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

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Eva Mendes designs her own favorite new item

"You can't go wrong with color. And I love print," says Mendes.
ALL IMAGES COURTESY OF NEW YORK & COMPANY

"THE COOL PART OF THIS JOB IS THAT I GET TO DESIGN MY FAVORITE ITEMS," SAYS MENDES. HER NEW LOVE: THIS PINK COAT FOR $159.95

Collaboration. The actress now has a New York & Company line.

Double-stick tape can't always save your outfit, so if you find yourself cowering because you're popping out of your top, Eva Mendes says to ditch the look. Her advice: Wear what you feel comfortable in — in her case, that means a ladylike outfit, like one of the many looks she's designed as part of her new capsule for New York & Company. The line consists of feminine dresses, sophisticated separates and a whole lot of color and print, all inspired by the bombshell's personal style. At a recent party for the collection, she broke down her design process and told us what she's craving for fall.

What's your go-to look for a night out?
I would probably wear this. [Her pencil skirt and fitted blouse.] I think it's chic, it's really comfortable. It's very ladylike. I don't think I've ever been into short and super-sexy looks. I always like [being] a bit more demure. And when I have gone more body-conscious in the past, I've regretted the decision.

What is your style mantra?
You just have to feel great in [what you're wearing]. I mean, I love double-stick tape, it really works magic — but if you find yourself using too much double-stick I think you better rethink the size of your outfit or get something you feel more comfortable in, because that's the key to looking great.

What are you looking forward to wearing now that it's fall?
Coats! I love coats, so I designed two of my favorite coats. That's what I'm looking forward to. I also love Celine. I think Prada is always exciting and Dolce & Gabbana know how to make a dress for a woman like nobody else.

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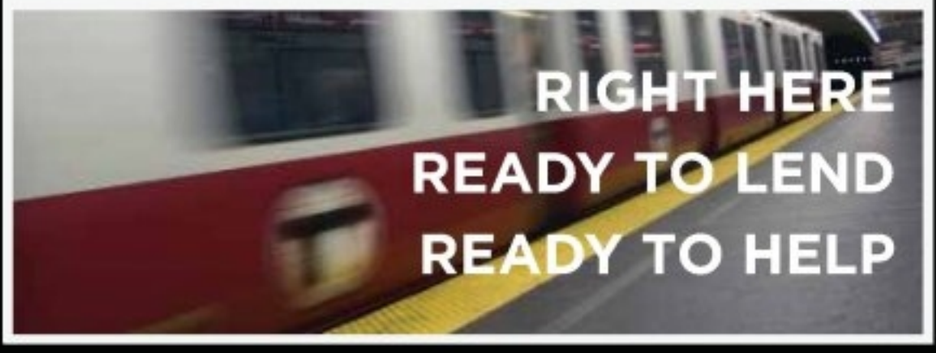

LIFE-AND-DEATH SITUATIONS

Moves

Price: Free

If there's an upside to having a phone that can track one's every moment, it's this: You can account for your daily movements and feel terrible about how little you're, well, moving.

On one hand, the app Moves serves as a handy pedometer. It tracks your every step, whether you're walking, running or riding a bike. Insert your weight and height and you can get an estimate of how many calories you've burned. If you're chained to a desk all day, you can track, with abject horror, how little you get up and walk around. If you're a fitness nerd, you can track, with precision (or horror) how much you're moving.

The app comes with a map, which is where it gets really interesting. The map shows your daily movements as lines that are your footprints. If seeing exactly how much you move doesn't scare you into being more active, than little else will. The only drawback: This app is a battery-drainer like no other — like Facebook, Google Maps and Twitter times 10.

App Appeal

MATT PRIGGE
MATT.PRIGGE@METRO.US

Moves tracks your daily movements while killing your battery. PROVIDED

If I Die

Price: $.99

Speaking of living and health, remember this: You are going to die. You will cease to exist one day, because of old age or a terrifying disease or because you weren't paying attention for half a second and ended up eaten by a bear. How you're remembered post-mortem isn't ultimately important: As Woody Allen once said, "I don't want to achieve immortality through my work; I want to achieve it through not dying." But if you must be remembered, make it good. If I Die is a tongue-in-cheek — but toweringly grim — way to preserve what you are. You can record yourself on audio or video, leave notes, and as you await being enraptured by the great unknown, you can make a bucket list. You may go at any second, so you might as well be prepared.

The best produce picks at the market right now

Nutrition. Snap up these fruits and veggies before the weather turns.

Some summer produce is still in season. GETTY IMAGES, PURESTOCK

September brings with it pumpkin spiced lattes, fall foliage and a bit of a nip in the air, but it's not quite time to wave goodbye to the produce we've been relishing all summer.

"We're right at the end of summer harvest, so some of those fruits and vegetables that we've enjoyed are still in season," says Libby Mills, MS, RDN, LDN, a Philadelphia-based spokesperson for the Academy of Nutrition and Dietetics. "We've got through the end of September to enjoy tomatoes, summer squash, basil, arugula, green beans and cantaloupe. Stock up and enjoy them."

And though time is of the essence for those items, the change in season means we're in the center of growing season for other fruits and vegetables, like eggplant, broccoli, cabbage, cauliflower and endive.

Of course, autumn is synonymous with apples, and while Mills is all for adding them to your fall diet, just be sure to give them — and all other produce you stock up on this season — a good wash.

"It's absolutely very important to wash all your produce, no matter what," Mills says. "We sometimes think, 'Oh, it's from a farmers market, it's cleaner' — maybe, maybe not." Indeed, your farmer might be spraying the produce with pesticides, and it's easy to forget that produce comes into contact with dirt and animals.

But don't feel like you have to buy one of those fancy vegetable washes to get your goods clean: "You really don't have to go that far," Mills says. "You can use just a light, soapy solution. Make sure you rinse it really well." For a natural wash, she recommends 3 tablespoons of apple cider vinegar in a gallon of water.

Organic

Know thy farmer

A major benefit of visiting farmers markets is that "you get to talk with the producer and ask them specifically how that product is grown," Mills says. Then, you can weigh that information against your own values. Some sample questions to ask: Do they use pesticides? How often? Do they mix organic and inorganic farming methods? If the answer to that last question is yes, don't fret. Some produce — like anything with a peel and anything not grown in the ground — is OK inorganic, because pesticides are less able to seep through. And don't be put off if you don't see an organic label at your farmer's stand — that label costs a pretty penny for a small farmer. Your produce might still "be in as natural a state as it can be," Mills says.

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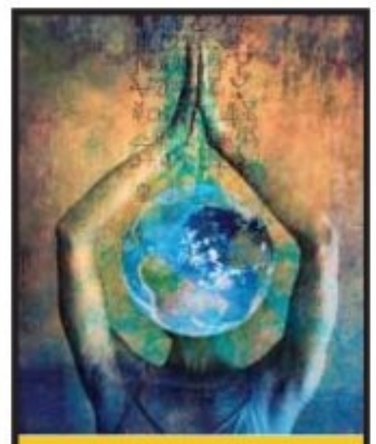
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FALL PRODUCE WITH HIDDEN HEALING POWERS

Summer has wrapped up and fall is officially here! Along with watching the leaves change color and shopping for fun sweaters, it's also the perfect time to embrace roasted root vegetables, hearty salads and warm, fruit-laden desserts that incorporate the nutritious bounty of the season. These five late-harvest foods will inspire you to create comforting autumn fare.

Figs

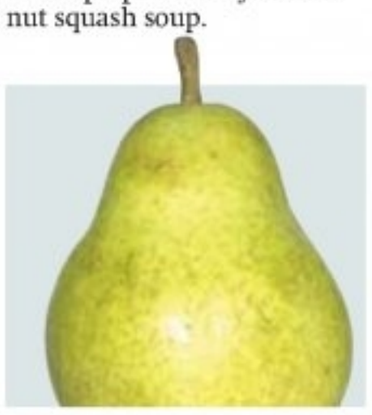
A culinary delicacy of biblical proportions, figs have been revered by ancient civilizations for centuries. These sweet gems are one of the best fruit sources of polyphenols, antioxidants that may help prevent LDL, or "bad cholesterol," from clogging up arteries. For a classic Mediterranean breakfast, top a bowl of tangy plain nonfat Greek yogurt with sliced fresh figs. Or, use dried figs to add natural sweetness to homemade protein bars — the perfect treat for fall hikes.

Brussels sprouts

Although tiny, these little cabbages are chock-full of potent compounds that may prevent DNA damage on the cellular level, making them super cancer-fighters. Here's an easy recipe to try: Thinly slice Brussels sprouts into a slaw, and saute with olive oil, garlic and balsamic vinegar. Go from side dish to entree by combining the sauteed sprouts with cooked quinoa and dried cranberries.

Butternut squashes

One of the most common winter squashes, butternut, is a deliciously sweet, nutty veggie that has come to embody the fall harvest season. The vibrant orange flesh delivers a superior dose of the antioxidant beta-carotene, along with its sister compounds, alpha-carotene and lutein. These carotenoids promote sharp vision and glowing, youthful skin. Add butternut squash puree to mac and cheese for a blast of nutrition, or whip up a creamy butternut squash soup.



Pears

Although it often plays second fiddle to the season's much beloved apple, the pear is a true nutritional heavyweight. One pear provides 5 grams of appetite-squashing fiber (more than an apple!), and the skin is teeming with vital disease-fighting phytonutrients. Use pears to add sweetness to savory sides like stuffing, roasted vegetables and green salads. Or, grab one as a snack to enjoy the pure flavor of a juicy, ripe pear all on its own.

Mustard greens

If you already love spinach and kale, it's time to introduce your kitchen to this under-the-radar leafy green. The peppery leaves are rich in sulforaphane, an antioxidant enzyme booster that enhances the effects of vitamins C, E and A, which may in turn help protect your skin from aging and environmental damage. Saute mustard greens with sesame oil, garlic, salt and pepper and top with toasted sliced almonds for a flavorful dinner side. Or, add the chopped greens to pasta dishes to transform an everyday entree into an age-defying meal.

— For effective diet tips and delicious recipes follow Joy on Facebook, Twitter and Instagram (@joybauer).

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Gum Graft: A Great Solution for Receding Gums

by Dr. Yumi Ogata

If your gum is receding and you are self-conscious about how your teeth look or you are having trouble with tooth sensitivity, a gum graft is a great way to protect your teeth, smile and oral health.

After having a gum graft, you can eat and speak with comfort and confidence. A gum graft also can make your smile look better by improving the appearance of your teeth.

What is Gum Recession and Why Worry about It?

Gum recession, a common dental problem, is when gum recedes or shrinks. Receded gums expose more of your tooth surface and, as a result, may jeopardize the roots and health of your teeth.

Receding gums can cause many problems for your oral health. When gum recession exposes tooth roots, not only are teeth less attractive, but tooth decay and eventual tooth loss are more likely because the root does not have the harder enamel layer that the crown of the tooth has.

What are the Causes and Symptoms of Gum Recession?

There are many causes of receding gums, such as periodontal disease, aggressive brushing, genetics, tooth position, vitamin deficiency and uncontrolled diabetes. The symptoms of receding gums include tooth sensitivity (e.g., to cold or hot) and a change in the appearance of your teeth. When your gums recede, you may notice some of your teeth look longer than normal, which can make your teeth, gums and smile look less attractive.

How can Receding Gums be Treated?

There are different types of treatment depending on the condition and severity of your gum recession. Minor gum recession may be treated by deep cleaning known as scaling and root planing. For more advanced gum recession, a gum graft is the most common treatment, although there also are alternative procedures. It is important that you see a periodontist for an examination to determine the best treatment option for your individual needs.

What Does a Gum Graft Procedure Involve?

A periodontist performs a gum graft procedure to cover the exposed tooth root due to receding gum. During gum graft surgery, the periodontist takes a small piece of soft tissue from the roof of the mouth or another place in the mouth and attaches it to the area of recession. A local anesthetic is used. A gum graft can be done for one tooth or several teeth.

Benefits of a Gum Graft

A gum graft can repair the recession defect and help prevent further recession and bone loss. A gum graft covers exposed roots to protect them from decay. This helps to reduce tooth sensitivity and improve the esthetics of your smile. Whether you have a gum graft to improve function or esthetics, you often receive the benefits of both: a beautiful smile and improved periodontal health.

Before and After Example

Before a Gum Graft

After a Gum Graft

Want More Information?

If you have signs of receding gums and want more information and treatment options, contact a periodontist for an appointment.

Dr. Yumi Ogata, D.D.S., M.Sc. is an assistant professor of Periodontology at Tufts University School of Dental Medicine in downtown Boston. Dr. Ogata is a diplomate of the American Board of Periodontology and specializes in Periodontics and Implant Surgery.

Dr. Ogata also sees patients at Tufts Dental Associates, the full-service faculty practice located within Tufts Dental School. Tufts Dental Associates offers a full range of general and specialty dental services within one practice.

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Horoscope

♎ Libra | Sept. 23-Oct. 22.
Question beliefs that are not meeting your expectations and challenge what you are not satisfied with. Change is brewing, and it must not be ignored.

♏ Scorpio | Oct. 23-Nov. 21.
Visiting new places and meeting new people will broaden your perspective and help you gain greater confidence as you venture down a new path. Favorable changes at home will unfold.

♐ Sagittarius | Nov. 22-Dec. 21.
Put a little force behind whatever you decide to do. What you learn will help you make valuable assessments that will lead to improvements in your home and work lives.

♑ Capricorn | Dec. 22-Jan 20.
Take responsibility for a touchy situation and show everyone what you are able to do. Don't let opposition cloud your vision.

♒ Aquarius | Jan. 21-Feb 18.
Don't let pending issues get you down. Step up and take care of anything that is costing you emotionally, financially or physically.

♓ Pisces | Feb. 19-March 20.
Push to make the changes that will improve your position and financial future. Deals can be made during this cycle. Don't let an emotional matter stand in your way.

♈ Aries | March 21-April 20.
Don't leave anything to chance. Discuss important matters before you make a decision. Moderation will be necessary to avoid a sticky situation.

♉ Taurus | April 21-May 21.
Focus on self-improvement rather than trying to change others. Discipline and hard work will bring you praise and greater opportunities. Take time to nurture relationships.

♊ Gemini | May 22-June 20.
Be open to suggestions. Working with others will ensure that you get things done on time. A change in your social life will do you good.

♋ Cancer | June 21-July 22.
Take a unique approach, and you will attract interest. Concentrate on the relationships you enjoy and consider how you can use these connections to the max.

♌ Leo | July 23-Aug. 22.
Deal cautiously with matters pertaining to your health and family life. Added pressure is likely to lead to arguments if you cannot come to an agreement. Prepare to modify your plans.

♍ Virgo | Aug. 23-Sept. 22.
Don't back down if you're up against a wall. If you know what's required to get something done, take charge. A relationship will undergo duress. BERNICE BEDE OSOL

Letters

Success is best measured by joy, not money

Re: 'A look back at Nickelodeon's "golden age"' (Metro, Sept. 24) I liked your article in Tuesday's paper on Nickelodeon. One of your paragraphs talks about how Kenan and Kel no longer speak. At the end, you said Kenan is on "SNL" and Kel becomes a gospel singer. You perceived just because one is an actor, that he is more successful. In today's world that is what people think and it is all about money — that is NOT how true success is measured. Most of the actors that have been on "SNL," although very funny, have not really led successful lives. They end up making bad movies or die in some lonely hotel room from a drug overdose. But being a gospel singer is true success. There may not be the money in it, which is how you may measure success, but I guarantee you he is a very happy person singing God's word and helping people to love Christ.
MICHAEL MCCORMICK, VIA EMAIL

Address the real causes of gun violence

Re: 'Guns in our cities' investigative series (Metro, week of Sept. 23) Let's talk about some things that are often left out of the public safety conversation. Who are the killers? Young males who believe that violence is a good way to solve problems and the mentally impaired. How can we improve public safety? First, let's enforce and improve our laws and systems to keep guns out of the hands of young men and the mentally impaired. Second, let's stop the prescription of drugs that are known to have effects like suicide and violent behavior and are involved in most of our mass murders. Third, let's stop glorifying violence and educate our children about the horrible physical and emotional effects of its use.
CHARLES KLAUDER, VIA EMAIL

letters@metro.us
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	4			5	1	2	9	
			9				6	4
9					7	1		5
				2		9		7
6		9		3				
5		6	4					2
8	7				3			
	2	1	5	6			7	

		1				4		
	5			8	6			7
	9		3		4	6		
				3		8		
3	2	8		4		5	6	9
		6		9				
		5	9		8		4	
6			5	7			8	
		2				3		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

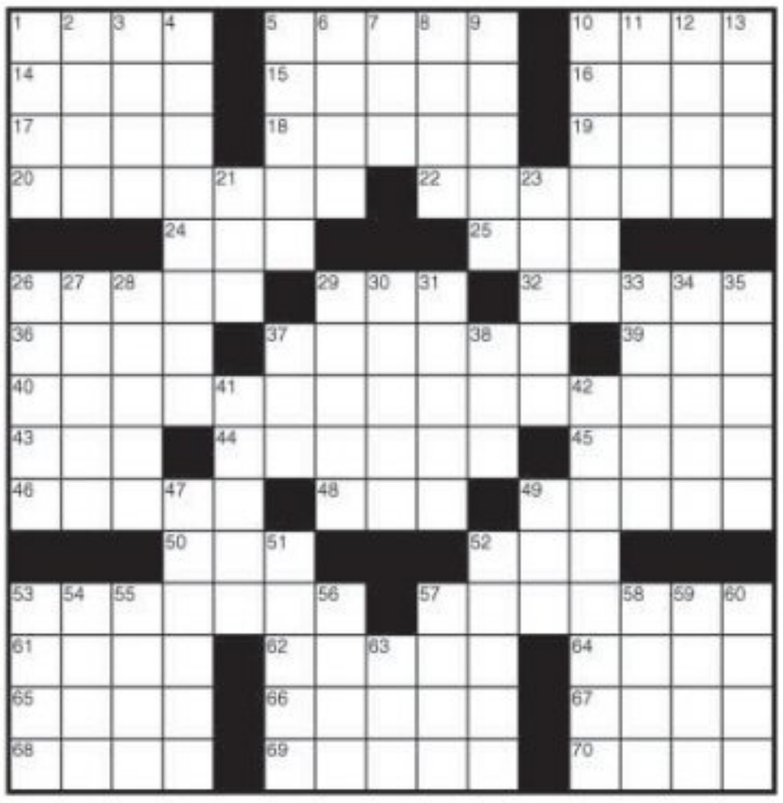
Across
1 Margarita ingredient
5 Unit of weight
10 Claw or talon
14 Frankfurt's river
15 Name in glue
16 Mystique
17 Lotion additive
18 Gaucho's rope
19 Neutral or first
20 Lunar phase (2 wds.)
22 Smudged
24 Mr. Fleming
25 Son of Prince Val
26 Jacket features
29 Pinch, in a way
32 Rule the —
36 Kyrgyzstan range
37 Rainier's realm
39 Rapa —
40 Quite confused
43 Mont. neighbor
44 Not as cold
45 Walk in water
46 Alabama town
48 Lubber's aye
49 Hangs open
50 Web addr.
52 Be off base
53 Treated a wound
57 Gridiron gain
61 Is not well
62 Boat crane
64 Egyptian goddess
65 Inventory wd.
66 Jelly fruit
67 Cozy dwelling
68 Ice floe dweller
69 Stage direction
70 Palace entrance

Down
1 Type of shark
2 Not busy
3 Pet plea
4 Reclusive
5 Argentine dictator
6 Dutra of golf
7 Ms. Thurman of films
8 Takes home
9 Bard's forte
10 Japanese city
11 Violinist Leopold —
12 Latin hymn word
13 Frying medium
21 W. Hemisphere pact
23 Swashbuckling Flynn
26 "Quo —?"
27 Drop syllables
28 Kind of congestion
29 Selflessly
30 Battery terminal
31 — in the woods
33 Saloon sign (2 wds.)
34 Type of jacket
35 Ebb and neap
37 2001 to Augustus
38 Mongrel
41 Sharif and Khayyam
42 Honoring
47 Shellfish
49 Watchdog's warning
51 Climber's rest
52 Fridge raider
53 Beavers' projects
54 Catch the bus
55 Joy Adamson's pet
56 Repair a toe
57 Cry of fright
58 Between ports
59 Main idea
60 This, in Avila
63 Wine cask

Yesterday's answer

Interactive Crossword

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle. It's that easy!



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NFL power rankings | by Mike Greger

No. 1

Seahawks (3-0)

Not only did they cover that ridiculous 19.5-point spread against Jacksonville, they looked good doing it. The Seahawks could be in for a real letdown this week, however, on the road against a Houston team coming off a bitter 30-9 loss to the defending Super Bowl champs — but we're not betting against them. The Hawks are the BEAST team in football.

No. 2

Broncos (3-0)

Peyton Manning is still wiping Jon Gruden's slobber off his orange uniform. Has Peyton ever had this many weapons?

No. 3

Saints (3-0)

Sean Payton gets an early vote for NFL MVP. Seriously. No coach has ever won that award. He deserves it.

No. 4

Bears (3-0)

We had them ranked too low last week. Jay Cutler's inviting contact, and the Bears are dominating on both sides.

No. 5

Patriots (3-0)

It looks like Tom Brady is finally getting the young guys to buy in. We'll know for sure if they steal one in Atlanta.

No. 6

Bengals (2-1)

Going toe-to-toe with the Pack is no small feat. Marvin Lewis celebrated his 55th birthday in style.

No. 7

49ers (1-2)

Jim Harbaugh's group looks to be in a free fall. It's an early must-win game this week in St. Louis.

No. 8

Ravens (2-1)

They should get DJ Khaled to be the mascot because all they do it win. Despite the "party bus," Baltimore stays strong.

No. 9

Texans (2-1)

They're still ranked No. 2 in yards allowed, but Houston has just eight sacks and one interception as a team.

No. 10

Packers (1-2)

The Pack are one fumble return from being higher on this list. If only Mike McCarthy and Aaron Rodgers can get along.

No. 11

Chiefs (3-0)

Through three games, K.C. hasn't coughed up the ball, and Justin Houston could be Defensive Player of the Year.

No. 12

Dolphins (3-0)

The Dolphins won't wow you with their statistics. They're missing from the Top 10 in a lot of key categories.

No. 13

Falcons (1-2)

This preseason favorite has been plagued by high-profile injuries, but the offense is still plenty potent enough.

No. 14

Colts (2-1)

We can't say enough about the Indy front office, even before the Richardson trade. Throw in a statement win in San Fran.

No. 15

Cowboys (2-1)

The best of a bad NFC East may soon face reality. Still, there's no denying an offense scoring 27.7 points per game.

No. 16

Lions (2-1)

Can we coin the term "DUIP" — driving under the influence of pizza — after Nate Burleson crashed his car adjusting a pie?

No. 17

Titans (2-1)

The old formula rings true: run the ball and play defense — and hope Jake Locker can make a play down the stretch.

Calm before storm

Sox vs. Sox likely for next week in playoff break

The Red Sox are hoping rust does not play a factor on Friday, Oct. 4, when they will tackle their first game of the 2013 postseason. The regular season ends Sept. 29, and Boston will get four days off before Game 1 of the best-of-five ALDS.

According to WEEI's Rob Bradford, the Red Sox will likely hold an intrasquad scrimmage two days prior to the franchise's first playoff game since 2009.

"We've been reaching out and talking and trying to figure out the best game plan," Sox bench coach Torey Lovullo told WEEI. "First and foremost, I think John Farrell is going to stay on the gas pedal." METRO

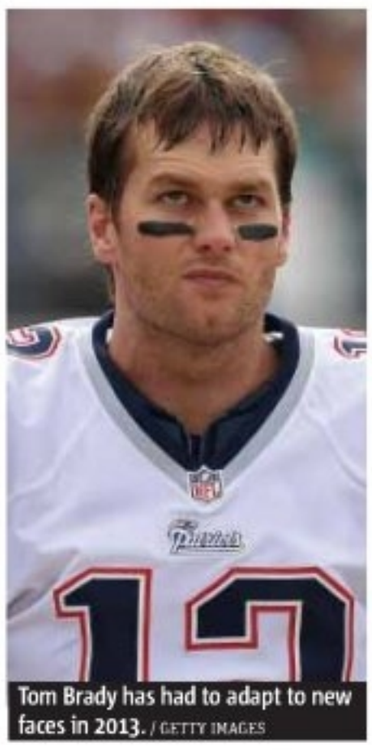
Name game

NBA may put nicknames on backs of jerseys

The NBA is strongly considering putting nicknames of players on the backs of their team jerseys this season, starting with the champion Heat and the new-look Nets.

For the Heat, it's likely that LeBron James' uniform will read "King James" on the back instead of the traditional, "James." For the Nets, fans could see, "The Truth" for Paul Pierce and "KG" for Kevin Garnett.

"It shows growth in our league, and it shows we do adapt to what's going on around us," Heat guard Ray Allen told the AP. "Even though we're now men playing a kids' game, we still remember where we come from." METRO



Tom Brady has had to adapt to new faces in 2013. / GETTY IMAGES

NFL. Brady denies report about Lloyd, Branch calls

Tom Brady has found something of a rhythm with rookie Kenbrell Thompkins, but that doesn't mean that he's happy about the Patriots' situation at wide receiver.

NFL Network reported Sunday that Brady had personally spoken to former teammates Brandon Lloyd and Deion Branch, both currently free agents, in recent weeks about possibly joining New England to help at receiver. Brady denied those claims this week.

"Yeah, I don't know where those, some of those reports, come from," Brady told WEEI sports radio. "Obviously, I have relationships with every guy that I've ever played with. Certainly, guys at the receiver position are some of my best friends and people that I spent the most time and I'm the closest with.

"But I don't make any personnel decisions. I can't talk to coach [Bill] Belichick about bringing players." MATT BURKE

3 SPORTS

Celtics

Rondo unlikely for opener

Celtics President Danny Ainge said that he'd be "shocked" if Rajon Rondo played in the Celtics' 2013-14 season opener against the Raptors on Oct. 30, as the C's point guard is still rehabbing from an ACL tear from last January. "We've just seen examples of why we shouldn't give dates of expected returns (in sports)," Ainge said, acknowledging the ACL injuries of Redskins quarterback Robert Griffin III and Bulls point guard Derrick Rose.

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The study is being done to find out if an investigational drug is safe and if it works for adolescents with MDD. The drug is currently FDA-approved in the United States for use only in adults. The study will last for about 10 weeks and there will be about 9 study visits.

To learn more: Call Adams Clinical Trials at (617) 387-1706 or e-mail info@adamsclinical.com

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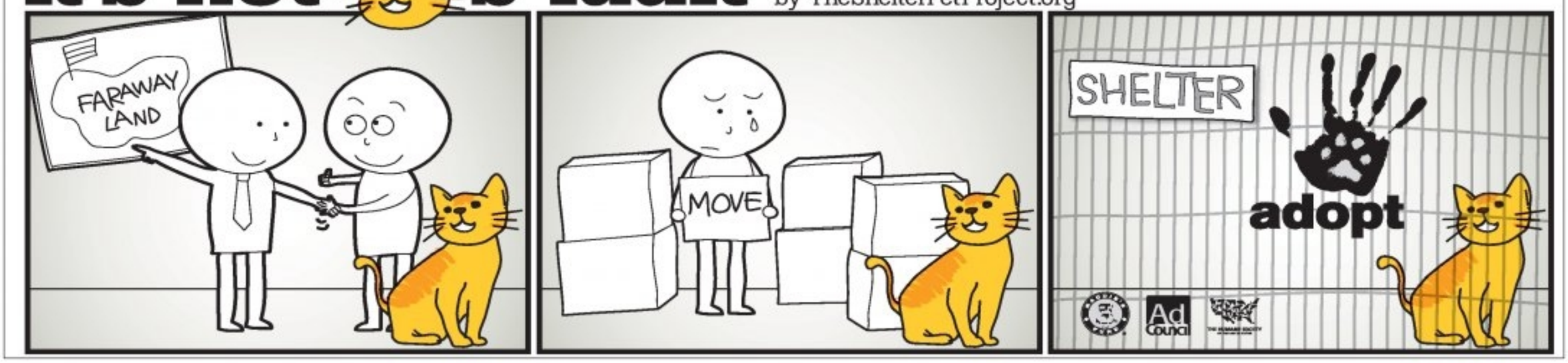

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MGH 1811

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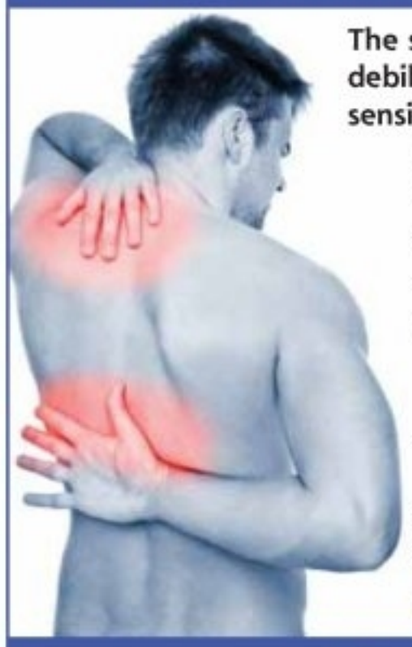
All inquiries are kept confidential.
Compensation up to $300 provided for study participants

Do you suffer from pain after Shingles (PHN)?



The symptoms of PHN (postherpetic neuralgia) can be debilitating. The deep, burning pain and extreme skin sensitivity can greatly impact the quality of your life.

We are conducting a research study of a once daily, investigational form of pregabalin for the pain of PHN.

You may qualify for the study if:

- You are male or female, age 18 years or older
- You have experienced persistent pain for more than three months after the duration of an episode of Shingles (herpes zoster skin rash)
- Have not been treated with pregabalin during the last 30 days.

Qualified applicants will receive study medication and all study-related physical exams and laboratory tests at no cost.

www.bostontrials.com | julie@bostontrials.com

For more info, Call 617-477-4868 BCT

Chronic Low Back Pain and Constipation Study

Have you been treating your chronic low back pain with prescription pain medication and experiencing constipation?

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In order to qualify, you must:
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- Be experiencing moderate to severe chronic low back pain for 3 months
- Be taking a prescription pain medication for at least 4 weeks

Qualified participants may receive:
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- Study medication
- Compensation for time and travel

Health insurance is not needed to participate.

Beacon Clinical Research
Call (508) 456-0034
for more information and to see if you qualify.

Pain after shingles?

If you suffer from burning, stabbing pain, sharpness or sensitivity, you may have a condition called Post-Herpetic Neuralgia, also known as PHN.

A nationwide study is currently underway and volunteers from the Brockton area are needed.

If you are between the ages of 18 and 80 and have experienced these symptoms for at least 9 months after the onset or your shingles rash, you may qualify for a research study of an investigational medication intended to treat the effects of PHN.

Qualified study participants will receive all study-related care and study medication at no cost, and may be compensated for time and travel. Health insurance is not needed.

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ARE YOU A HEALTHY WOMAN 50-60 YEARS OLD?

MGH 1811

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For more info, please call
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or call (617)726-5066

Wayne Shreffler, MD, PhD, Primary Investigator
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MASSACHUSETTS GENERAL HOSPITAL

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617-643-5952 or *foodallergy@mgh.harvard.edu*
for more information on this study sponsored by the National Institutes of Health.

ATTENTION

IF YOU HAVE BEEN DIAGNOSED WITH PKD (Polycystic kidney disease) Please Contact Annette

A research project is being conducted with adults and caregivers of patients who have been diagnosed with PKD.
Qualified candidates will be invited to participate in a group discussion on issues related to living with PKD. All participants will be paid **$150.**

If you would like more information about how you can participate in this important research project, please contact Annette Garrepy at 508-872-1287 x 126 or
agarrepy@performanceplusboston.com

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Services

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$70/hour Bodywork+Shower

We offer high quality authentic Chinese Tuina,Japanese Shiatsu,Thai Yoga, Thai Knee Walking and Brazilian Deep relaxing.

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Special:$85 1hr Bodywork+30mins Reflexology Foot

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Couple Room and Parking available
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DEEP TISSUE specialists
2 NEW beautiful Therapists from China.

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One hour getaway, and wouldn't you say your overdue to be pampered? We are just a phone call away.

We thank you for reading our ad !
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Call Paula at 617-277-8244
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Mr. Robert Bonds at 617-541-2277 or
Mr. Alexis Ortiz at 617-283-9320

Comfield Estates - Community Room
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Boston, MA 02118

617-541-2277

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Specialize in Aura Readings
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I will help you in love and Marriage, Career and Business
I also do Meditation
Guaranteed results for all problems

Call for appointment

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if you are troubled or confused with life problems, I can HELP
Where others have failed I can do Aura cleansing also mind and body spirits healing
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Call me NOW
I am available for appointments and parties

Jobs

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Part of the proceeds to charity. $8
Bostonemtprayer.com

Legal Notices

Notice of Public Hearing

The Massachusetts Board of Higher Education will conduct a Public Hearing on Monday, October 21, 2013, at 2:00 p.m. in the office of the Department of Higher Education, Room 1401, McCormack Building, One Ashburton Place, Boston, Massachusetts. The hearing is for the purpose of determining whether the Board will approve under Massachusetts General Laws Chapter 69, Section 30, et seq. the Foreign Corporation Certificate filed by **Saint Joseph's College** to offer the following degrees in the Commonwealth of Massachusetts:

Master of Science in Nursing
Master of Science in Education
Bachelor of Science in Nursing

Massachusetts Department of Higher Education
Richard M. Freeland, Commissioner

CITATION ON PETITION FOR ALLOWANCE OF ACCOUNT

Docket No. SU112879P
Commonwealth of Massachusetts
The Trial Court Probate and Family Court
In the matter of: Robert B Brigham
Date of Death: UNKNOWN
A Petition has been filed by:
Robert G. Bannish of Boston, MA

requesting allowance of the 115th and 116th account(s) as Personal Representative and any other relief as requested in the Petition.

Suffolk Probate and Family Court
24 New Chardon Street, Boston MA, 02114
(617) 788-8300

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so you or your attorney must file a written appearance and objection at this Court before: **10:00A.M.** on **10/17/2013**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.
WITNESS, Hon. Joan P Armstrong, First Justice of this Court.

Date: September 12, 2013
Register of Probate

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George 617-633-2682

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